ZIP UP YOUR PANCE

PRACTICAL TIPS TO GET THE C IN YOUR PA-C

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DISCLOSURE

- Financial relationship with Hippo Education, LLC
- Medical Editor, PA Content Team
THE TITLES THAT WEREN’T

- We put the P in your PANCE
- Don’t chance your PANCE
- Ants in your PANCE
- Set your PANCE on 🔥
- Prance through your PANCE
WHAT’S ON THIS TEST?
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PANCE BASICS

- Number of questions = 300
  - 5 60-minute blocks of 60 questions
- Scoring out of 800
  - Passing cutoff is not published
    - Typically ~350
- All questions weighed equally
- Beta/test questions will be present
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- PANCE blueprint
- NBME/Consistent format and style
- Answer options are alphabetical
  - Choosing C isn’t the best guess
- All information in the stem is important
  - No fluff, no ‘red herrings’
THE “NO” PARADE OF TESTING

- No true/false
- No negative questions
- No “trick” questions
- No controversial medical information
- No information that is ‘cutting edge’ or new
  - ~18 mo question cycle
JUST GIVE ME MY "C" ALREADY!
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BIG PICTURE: ALMOST EVERYONE PASSES

Recent PANCE Pass Rates

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Exams*</th>
<th>Percent Passing</th>
<th>Number of First Time Takers**</th>
<th>Percent of First Time Takers</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>10,471</td>
<td>91%</td>
<td>9,775</td>
<td>93%</td>
</tr>
<tr>
<td>2018</td>
<td>9,573</td>
<td>97%</td>
<td>9,220</td>
<td>98%</td>
</tr>
<tr>
<td>2017</td>
<td>9,250</td>
<td>95%</td>
<td>8,732</td>
<td>97%</td>
</tr>
<tr>
<td>2016</td>
<td>8,631</td>
<td>93%</td>
<td>8,082</td>
<td>96%</td>
</tr>
<tr>
<td>2015</td>
<td>8,651</td>
<td>91%</td>
<td>7,784</td>
<td>96%</td>
</tr>
</tbody>
</table>

*Represents total number of exams, not number of examinees.
**Represents total number taking the exam for the first time.
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PANCE PREP

- Start dedicated PANCE study 2-3 mo before test day/graduation
  - May coincide well with your PA school summative evaluation
- Study tools from your PA program
  - Course material
  - Summative evaluations
  - ‘In house’ PANCE prep
PANCE PREP

- External study tools:
  - Live review/prep courses
  - Online video prep courses
  - Podcasts
  - Printed review material
  - Beware Step 2 CK non overlap
KATIE ADVICE

▸ Study for your rotation/clinic day/EOR M-Th evenings
▸ Take Friday night off 🧇💃🕺
▸ Use weekends for dedicated PANCE prep
  ▸ Written out plans, blocked studying, practice questions
MAKING YOUR STUDY PLAN
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Have a written out plan

Focus on the big rocks

Know how you study best

https://www.maxpixel.net/Granite-Stones-Rocks-Granite-Stones-Barn-208427
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- Learn how you learn best
  - Audio 🎧, visual 👀, kinesthetic 🚶, gustatory 😋
- Identify your strengths and weaknesses
  - From performance in school/EORs
  - PACKRAT performance
- Focus on areas of weakness
- Review areas of strength
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SAMPLE STUDY PLANS

Week 1 (9/24-9/30): Cardiology + endocrine
Week 2 (10/1-10/7): Pulmonology + psych
Week 3 (10/8-10/14): GI + DERM
Week 4 (10/15-10/21): MSK + ENT
  - Family Med EOR Saturday 10/20
Week 5 (10/22-10/28): GU + Reproductive
Week 6 (10/29-11/4): Neuro, Heme, Infectious disease
Week 8 (11/5-11/11): Catch up on topics. Revisit cardio/pulm/GI
  - Study for NICU elective EOR
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Strengths:
My best content areas were
• Endocrinology – 93%
• ID – 100%
• OB/Gyn – 94%
• Urology / renal – 93%

Sadly, these are collectively only 23% of the entire exam, and I feel that the main reason I did well in OB/gyn is because it’s the last rotation I had.

Weaknesses:
My lowest content areas were
• ENT/ophtho – 55%
• Ortho/rheum – 64%
• Pulmonology – 67%

Collectively, these are 31% of the entire exam, and it will be a good use of my time to review these areas.
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MENTAL STAMINA 🧠

- Timed practice questions
  - Do lots of them and then do lots more
  - Remember 1min/question 🕒
- PANCE simulation with break time
- NCCPA Practice Test $50/120 questions
  - Screen layout familiarity
  - Normal lab value location
TIME TO TAKE THIS THING!
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- Do a commute dry-run the week of
  - Traffic/parking/construction 🚌🚧
- Remember your childhood
  - Get a good night’s sleep and eat a healthy breakfast
- Arrive early; at least 30 min
- Plan an encouraging phone call/text from “your person” right as you park
- Bring water, caffeine, healthy snacks
  - You will be given a locker for your belongings
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Check in:

- Two forms of valid and current ID
  - One with photo/signature and second with name/signature (Drivers license/passport, credit card)
  - Name must match what NCCPA has listed

- Be prepared to take off jewelry, watches etc

- Be prepared to be fingerprinted/palm scanned and photographed

- Remember other test takers there
NOW IT’S REALLY TIME!
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- Take a deep breath before starting
- Tutorial prior to starting to familiarize yourself with computer layout, break procedures etc
- Erasable marker and white board at your station for notes
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- Read the entire question and **answer question they are asking**
- Don’t know it...flag it and skip it
- Answer all the questions

- Don’t change initial answer unless you’re 100% sure it’s wrong
- Fun fact: Even people who score 800 don’t get them all right
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BREAKS

- 45 minutes “scheduled” break time
- “Unscheduled” break time deducted from question block time
- Digital fingerprint/palm scan each time you leave/enter the room
IT’S OVER!
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POST TEST

- Take another deep breath and soak it all in... YOU DID IT!
- Call/text “your person” to tell them you are done
  - They’ve been anxious for hours 😞 😼
- Do something to celebrate
  - #allthecarbs 🍩 recommended
- Score reports will be emailed usually within 2 weeks
✓ Comprehensive 😁 video lectures
✓ Organ system 🧠❤️👀 written summaries
✓ 💪💊 content with study tables
✓ Adaptive question bank with 2200+ items
✓ Earn up to 267.75 hours of AAPA Category 1 CME
Your friends at Hippo Education always cheering you on.
QUESTIONS?